

# Habit Tracking

*A recent study showed that people who recorded their food intake lost up to two times the amount of weight than people who did not. Becoming more aware of what you eat can help you make better choices.*

- Record your beginning weight on the Weighing In chart located on last page of your Habit Tracker.
- Use the Habit Tracker each day to record:
  - All food consumed
  - Number of fruits and vegetables eaten
  - Total grams of fiber intake
  - Cups of water
  - Total minutes of physical activity
    - Physical activity can be a variety of activities including housework, sports, etc. It should be something you enjoy doing and can be done in increments of as little as 10 minutes or more.
- At the end of each week you should:
  - If you have a scale at home, weigh yourself and record it on the chart in the back of your Habit Tracker.
  - Add the total minutes of physical activity for the week and record it on the Moving Along chart in the back of your Habit Tracker.
- Bring your Habit Tracker to each of the weekly walks to receive points for using it. Continue this process each day until the weigh out on June 12th at Lone Peak Park.



*It is important to be honest with yourself when recording food and physical activity. A food journal can act like a mirror by revealing to you what is going into your body and help you notice any patterns about your food consumption. It can be a very helpful tool in managing your weight if done properly.*

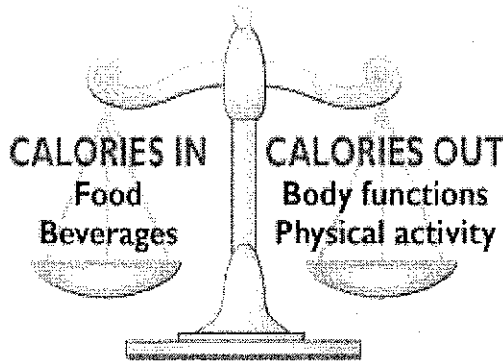
## **5 Tips for Keeping a Food Diary**

It's All About Accountability and Awareness

1. Write as you go. Don't wait until the end of the day to record what you ate and drank. Keep your diary in a convenient place that will help you record your food through out the day.
2. Focus on portion sizes. Practice at home with measuring cups, measuring spoons, or food scales. People tend to underestimate how much food they're served.
3. Use whatever type of food diary works for you. It doesn't matter whether you use scrap paper, a personal digital assistant (PDA), or a notebook. What matters is that you use it.
4. Don't skip your indulgent days. It's most important to write down your food on these days. It may change your mind about what you're eating if you're writing it down.
5. Cook at home. You'll have more control over what you consume, and you know what that food contains, and how much of it you're eating.

Source: <http://www.webmd.com/diet/news/20080708/keeping-food-diary-helps-lose-weight>

# Exercise & Losing Weight



You expend energy (or calories) no matter what you're doing, even when sleeping. Thus your Basal Metabolic Rate (BMR) is the number of calories you'd burn if you stayed in bed all day. As we age it becomes harder to eat what we want and stay slim due to the fact that our BMR decreases as we age. Likewise, depriving yourself of food in hopes of losing weight also decreases your BMR. However, a regular exercise routine can increase your BMR, improving your health and fitness and your body's ability to burn energy.

For healthy weight loss (1-2 pounds/week), you would need to have a calorie deficit of at least 500 calories each day for a week. For example, if your BMR is 2000 calories and you burn an additional 500 in physical activity for a total of 2500 calories out. If you consume only 2000 calories each day for one week (7 days) that would be a total of 3500 calories or one pound weight loss.

**Calculate BMR** \*Please note that this formula applies to adults only.

**Women:**  $655 + (4.3 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

**Men:**  $66 + (6.3 \times \text{weight in pounds}) + (12.9 \times \text{height in inches}) - (6.8 \times \text{age in years})$

You should never consume fewer calories than your BMR on a daily basis. To lose weight, make sure to eat at least a minimum number of calories of your BMR. Then, create an energy deficit by increasing the number of calories you burn through physical activity.

**Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.**

- Engaging in approximately 30 minutes of moderate physical activity most days of the week reduces the risk of chronic disease in adulthood
- Engaging in approximately 60 minutes of moderate to vigorous activity on most days of the week (while not exceeding caloric intake requirements) helps manage body weight and prevents gradual, unhealthy body weight gain in adulthood.
- Participating in at least 60 to 90 minutes of daily moderate physical activity (while not exceeding caloric intake requirements) sustains weight loss in adulthood. Some people may need to consult with a healthcare provider before participating in this level of activity.
- Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

***There are 1440 minutes in every day...  
Schedule at least 30 of them for physical activity.***